



DEVELOPMENT

Your son/daughter has been selected to be part of our development section. This will be the first stepping stone towards competitive gymnastics. Please read the information below and if you have any questions please email me: jemmaparry@parkwrekin-gymclub.com.

Our Aim

Gymnastics is a very tough sport but it is essential that everyone enjoys their journey towards their personal goals and ambitions. Your child must feel that they can speak up if they are unhappy or no longer want to pursue a gymnastics path. Please email me if you have any concerns about your son/daughters welfare or happiness (E-mail as above)

These groups are aimed at starting to hone the gymnast's physical preparation in strength and flexibility. To get the most out of these sessions, we ask the gymnasts to attend all sessions. If you are unable to attend please contact me (E-mail as above)

Group Structure

If you accept a place in our development section you are agreeing to commit to between 2hrs and 12hrs of training each and every week. As your son/daughter progresses, the number of hours undertaken will gradually increase from 2 hours, through 4 hours, 7 hours, 9 hours, to 12 hours. Training sessions are kept quite early for the starter groups but they will become later and longer as your child progresses. As your child moves into the competitive groups the training sessions are typically held later in the evening.

Each group keeps the same coach to ensure consistency in approach and training format.

When your child has made sufficient progress, they will be offered the chance to attend more sessions. The gymnast completes a tick sheet of required competencies, skills and conditioning exercises, the coach will then request that I assess the gymnast for progression to the next training level.

The groups are re-assessed regularly, every 3 months as a minimum.

What to expect

Arriving on time is important as gymnasts warm up and condition early on in the session. Poor attendance may unfortunately result in your son/daughter being asked to train with a different group that requires less commitment. We ask that your son/daughter is available for all competition dates and again, if there are multiple absences, they will forfeit their place in the competitive squad.

Gymnasts will be given home conditioning and stretching exercises, if you are unsure of these exercise please contact me and I will arrange a time for the coach to show you.

In our development section we not only look at the physical capability of the gymnast but they must also meet expected standards of behavior, not least of which is having a respect for their coaches and peers.



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Kit

Initially there are no special kit required in this section of the club. Gymnasts need to wear a leotard, shorts are allowed (not leggings) hair must be tied up. No jewelry is allowed. Boys are required to wear shorts and leotard.

As they progress, a list of required training aids will be sent to you via email. A kit bag/bucket is required to keep all of their training equipment and clothes together whilst in the gym.

Competitions

Girls can only compete in 4 piece competitions the year they turn 8. Boys can only compete in 5 piece competitions the year they turn 9.

When your son/daughter is ready to start competing you will be sent all the necessary

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These sessions are meant to be challenging for the gymnast as we are preparing their bodies and minds for the road ahead whilst retaining an element of fun. We ask you as parents to be supportive of your child and the club as our aim is to give your son/daughter the best possible start on their gymnastics journey.

If you have any queries or questions please do not hesitate to contact me: jemmaparry@parkwrekin-gymclub.com.

Information.

Gymnasts have two different types of competitions, grades which are in the spring and levels which are in the autumn.

When gymnasts are competing they will need to wear the club leotard and tracksuit which you can purchase from the club shop.

Individual competition entry fees will apply.

In addition to fees, as part of a competition squad you are required to pay an annual competition levy, currently £35.00. This is to help pay for coaches and judges attendance at the competitions and all the additional expenses incurred.

We do ask that gymnasts don't take holidays 6 weeks before their competitions.